

# i n y o u r h e a d

THE BATTLE WITH MENTAL HEALTH, ANXIETY AND DEPRESSION



## Part 1: You're Not Alone

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### INTRODUCTION

Research would suggest that we were perhaps the most anxious generation that has ever lived even before 2020. With the pandemic, racial tension, and political instability, our mental health as a nation has further deteriorated. Is there a solution?

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### LET'S TALK ABOUT IT

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1. How have you seen mental health change since the beginning of 2020?
2. Thinking about the top five contributors to the mental health crisis (loss of community, overwhelming amounts of information, feel good-ism, social media, and de-prioritization of faith), which one has impacted you and those in your circle the most?
3. If you or a loved one has experienced difficulty with mental health, what were some of the things that kept you or your loved one from seeking help? Do you agree that there is a stigma around mental health issues?
4. Is it difficult to see yourself made in the image of God? Do you think that how you see yourself impacts how you see others and your ability to love them?
5. Are you able to see God as a good father who is full of mercy, love, and grace? If not, what keeps you from seeing Him in this way?
6. How have you seen connection positively impact your mental health?

### THIS WEEK

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Mental health is cultivated by connection: connection with self, others, and God. Jordan suggested that we start with cultivating connection with others, as it is not possible to move toward mental health in isolation. This week, consider what it looks like to move toward connection with others – who is that safe person you can honestly share your struggles and your joys? Then, reach out.

“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your **mind**. This is the first and greatest commandment. A second is equally important: Love your neighbor as yourself.’”

Matthew 22:37, 39